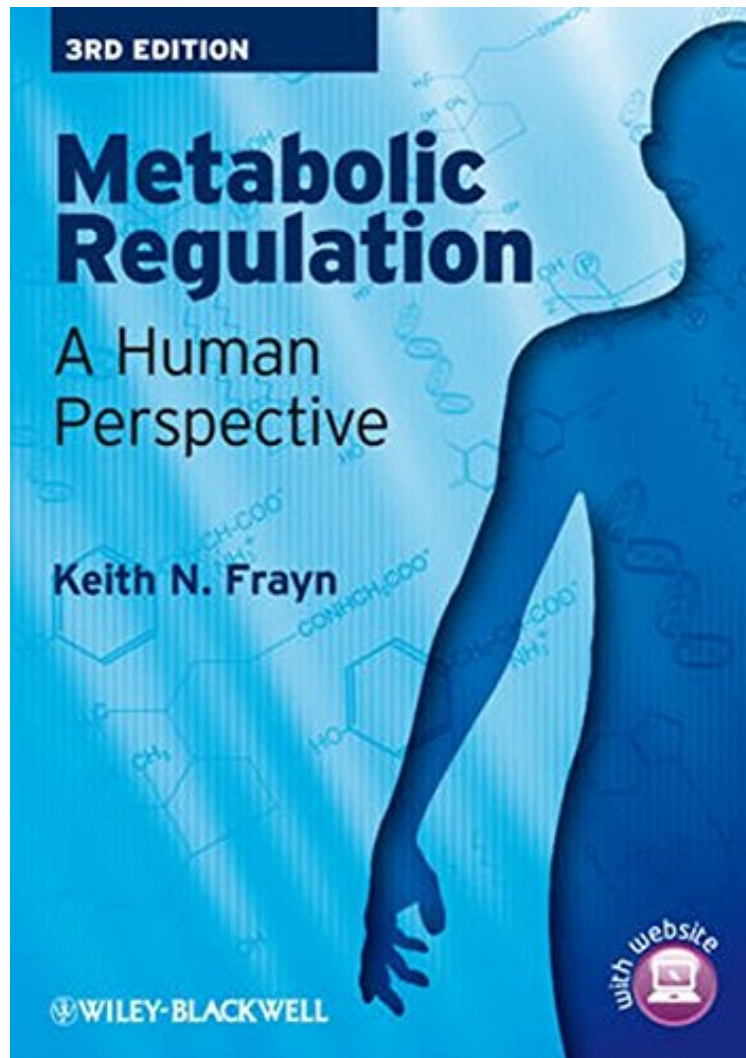


# Metabolic Regulation: A Human Perspective

Keith N. Frayn

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**Keith N. Frayn : Metabolic Regulation: A Human Perspective** before purchasing it in order to gage whether or not it would be worth my time, and all praised Metabolic Regulation: A Human Perspective:

4 of 4 people found the following review helpful. Very sleek presentation of topic area; accessible for non-specialistBy J. Douglas TygarI can warmly recommend this book as a highly accessible textbook on some of the most interesting topics in biochemistry. The book is largely self-contained, and thus is surprisingly accessible to a wide variety of readers, even those with very limited exposure to biochemistry.Since Prof. Frayn keeps his focus keenly on human examples, the entirety of the book is relevant to readers. Frayn's book is relatively brief (for a science textbook), and thus does not have the encyclopedic feel of a typical undergraduate biochemistry textbook. What a non-specialist reader does get from this book is a solid understanding of metabolic processes and tremendous insight into his or her

own body. I would like to call out several features of this book that I found especially nice: Prof. Frayn's holistic approach combines topics from anatomy, medicine, biology, biochemistry, and nutrition in a single integrated presentation, allowing the reader to make connections that otherwise might be difficult. As I mentioned previously, the text is largely self-contained (and he has cross-references throughout the book, making it easy to follow), so it can be read by a wide audience (I would recommend that a reader have a basic understanding of chemistry at the high school level before reading this book.) Prof. Frayn also puts much of the material in a variety of tables, diagrams, and boxes, which helps present the material in convenient "chunks." The relatively short length of the book (the text is about 350 pages, with the references, index, and front material making up the balance of the page count) allows the author to concentrate his attention on the "good stuff" (particularly interesting topics in metabolic studies) and still keep the pace of the book flowing. Finally, Prof. Frayn is an excellent writer, and his prose is fun to read, without being cloying. I can recommend this book to the lay person who is prepared to make an effort to follow a textbook-level presentation of this material.

1 of 1 people found the following review helpful. Excellent  
By imre veres  
I have probably more than 60 textbooks on Advanced Nutrition, Sports Nutrition and Clinical Nutrition, published in last 5 years, from s. Gropper through Krauses to A. Catharine Ross... But in this book found some details what is in no other. For nutritionist (or in USA maybe dietitian), high level fitness experts, and nonspecialist doctors I recommend it highly. Book is readable, but also filled with some interesting data, diagrams, tables and explanation. This book is of course not for someone who has not good knowledge about nutrition, but very useful addition to that subject for understanding it deeper. Really sorry that Mr Frayn not have written another book, like his presentation style so much.

0 of 0 people found the following review helpful. Great book!  
By Laura  
It arrived on time and in perfect conditions. About the book: It is a great book. Integrates metabolism aspects in an easier way than other text books without losing the scientific focus. Helps to see metabolism from a different perspective and to really understand complicated issues about it. Totally recommend it!

The important Third Edition of this successful book conveys a modern and integrated picture of metabolism and metabolic regulation. Explaining difficult concepts with unequalled clarity, author Keith Frayn provides the reader with an essential guide to the subject. Covering topics such as energy balance, body weight regulation and how the body copes with extreme situations, this book illustrates how metabolic regulation allows the human body to adapt to many different conditions. Changes throughout the new edition include: Extensive chapter updates Clear and accessible 2-color diagrams

"It is hard to find a textbook that gives a better basis for the understanding of Human metabolism and nutrition, that is so well designed and actually quite fun to read as this one. This book is my first choice for a textbook for my medical students and for nursing school too. It is well suited for any kind of studies of metabolism at a higher level because of its ease at explaining the basics and the frameworks needed for the understanding of metabolism. It is the first book I give to my doctoral students when they need to freshen up their knowledge and the basics in metabolism when starting research in clinical nutrition and metabolism...if anyone is looking for the most interesting and fun book to read as an in depth introduction to human metabolism and nutrition, this is it!" (Clinical Nutrition, December 2010)

From the Back Cover  
The important Third Edition of this successful book conveys a modern and integrated picture of metabolism and metabolic regulation. Explaining difficult concepts with unequalled clarity, author Keith Frayn provides the reader with an essential guide to the subject. Covering topics such as energy balance, body weight regulation and how the body copes with extreme situations, this book illustrates how metabolic regulation allows the human body to adapt to many different conditions. Changes throughout the new edition include: Extensive chapter updates Clear and accessible 2-color diagrams